

CLAIMS

1. A display unit to be mounted on a wrist of a user, comprising:

a display screen to visually display characters, the display screen having a top edge
5 and a bottom edge corresponding, respectively, to tops and bottoms of the characters
displayed on the display screen;

a base supporting the display screen and housing electronic circuitry associated with
the display screen; and

at least one strap attached to the base and adapted to secure the base to the wrist of the
10 user;

wherein the base is configured and arranged such that, when the base is secured to the
wrist of the user with the at least one strap, the top edge of the display screen is disposed a
first distance away from an outer surface of the user's wrist as determined along a first line
oriented normal to the outer surface of the user's wrist and passing through the top edge of the
15 display screen, and the bottom edge of the display screen is disposed a second distance away
from an outer surface of the user's wrist as determined along a second line oriented normal to
the outer surface of the user's wrist and passing through the bottom edge of the display screen,
wherein the first distance is greater than the second distance.

2. The display unit of claim 1, wherein the base is configured and arranged such
that, when the base is secured to the wrist of the user with the at least one strap, the first
distance is at least five percent greater than the second distance.

3. The display unit of claim 1, wherein the base is configured and arranged such
25 that, when the base is secured to the wrist of the user with the at least one strap, the first
distance is at least ten percent greater than the second distance.

4. The display unit of claim 1, wherein the base is configured and arranged such
that, when the base is secured to the wrist of the user with the at least one strap, the first
30 distance is at least twenty five percent greater than the second distance.

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5. The display unit of claim 1, wherein the base is configured and arranged such that, when the base is secured to the wrist of the user with the at least one strap, the first distance is at least fifty percent greater than the second distance.

5 6. The display unit of claim 1, wherein the base is configured and arranged such that, when the base is secured to the wrist of the user with the at least one strap, the first distance is at least twice as great as the second distance.

7. A method, comprising steps of:

10 (a) with at least one device supported by a user while the user is in locomotion on foot, determining respective values of at least first and second parameters selected from a group consisting of: an instantaneous pace of the user, an average pace of the user, and a distance traveled by the user; and

(b) displaying visually-perceptible information indicative of the determined values
15 of the at least first and second parameters, simultaneously.

8. The method of claim 7, wherein the at least first and second parameters include the instantaneous pace of the user and the average pace of the user.

20 9. The method of claim 7, wherein the at least first and second parameters include the average pace of the user and the distance traveled by the user.

10. The method of claim 7, wherein the at least first and second parameters include the instantaneous pace of the user and the distance traveled by the user.

25 11. The method of claim 7, wherein:

the step (a) includes a step of (a1) with the at least one device, determining respective values of the instantaneous pace of the user, the average pace of the user, and the distance traveled by the user; and

30 the step (b) includes a step of (b1) displaying visually-perceptible information indicative the determined values of the instantaneous pace of the user, the average pace of the user, and the distance traveled by the user, simultaneously.

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12. The method of claim 7, wherein the step (b) includes a step of:
(b1) displaying the visually-perceptible information with the at least one device.

5 13. The method of claim 7, wherein the at least one device includes at least first and second separate devices, and wherein:

the step (a) includes a step of (a1) determining the respective values of at least first and second parameters with the first device; and

10 the step (b) includes a step of (b1) displaying the visually-perceptible information with the second device.

14. The method of claim 13, further comprising a step of:

(c) attaching the second device to a wrist of the user.

15 15. A method, comprising steps of:

(a) with at least one device supported by a user while the user is in locomotion on foot, determining a value of at least one variable physiological parameter of the user;

(b) with the at least one device, determining a value of at least one performance parameter of the user; and

20 (c) displaying visually-perceptible information indicative of the determined values of the at least one variable physiological parameter of the user and the at least one performance parameter of the user, simultaneously.

16. The method of claim 15, wherein:

25 the at least one variable physiological parameter of the user includes a heart rate of the user; and

the at least one performance parameter of the user includes a performance parameter selected from a group consisting of: an instantaneous pace of the user, an average pace of the user, an instantaneous speed of the user, an average speed of the user, and a distance traveled
30 by the user.

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17. The method of claim 16, wherein the at least one parameter includes the average pace of the user.

18. The method of claim 16, wherein the at least one parameter includes the instantaneous pace of the user.

19. The method of claim 16, wherein the at least one parameter includes the average speed of the user.

20. The method of claim 16, wherein the at least one parameter includes the instantaneous speed of the user.

21. The method of claim 16, wherein the at least one parameter includes the distance traveled by the user.

22. The method of claim 16, wherein the step (c) includes a step of:
(c1) displaying the visually-perceptible information with the at least one device.

23. The method of claim 22, wherein the at least one device includes at least first, second, and third separate devices, and wherein:

the step (a) includes a step of (a1) determining the value of the heart rate of the user with the first device;

the step (b) includes a step of (b1) determining the value of the at least one performance parameter with the second device; and

the step (c) includes a step of (c1) displaying the visually-perceptible information with the third device.

24. The method of claim 23, further comprising a step of:
(d) attaching the third device to a wrist of the user.

25. The method of claim 15, wherein the step (c) includes a step of:
(c1) displaying the visually-perceptible information with the at least one device.

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26. The method of claim 25, wherein the at least one device includes at least first, second, and third separate devices, and wherein:

the step (a) includes a step of (a1) determining the value of the at least one variable physiological parameter of the user with the first device;

the step (b) includes a step of (b1) determining the value of the at least one performance parameter of the user with the second device; and

the step (c) includes a step of (c1) displaying the visually-perceptible information with the third device.

27. The method of claim 26, further comprising a step of:

(d) attaching the third device to a wrist of the user.

28. The method of claim 15, wherein the at least one device includes at least first and second separate devices, and wherein:

the step (a) includes a step of (a1) determining the value of the at least one variable physiological parameter of the user with the first device; and

the step (b) includes a step of (b1) determining the value of the at least one performance parameter of the user with the second device.

29. The method of claim 15, wherein the at least one device includes at least first and second separate devices, and wherein:

the step (a) includes a step of (a1) determining the value of the at least one variable physiological parameter of the user with the first device; and

the step (c) includes a step of (c1) displaying the visually-perceptible information with the second device.

30. The method of claim 15, wherein the at least one device includes at least first and second separate devices, and wherein:

the step (b) includes a step of (b1) determining the value of the at least one performance parameter of the user with the first device; and

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the step (c) includes a step of (c1) displaying the visually-perceptible information with the second device.

31. A method, comprising steps of:

(a) with at least one device supported by the user, determining respective values of at least first and second parameters selected from a group consisting of: an instantaneous speed of the user, an average speed of the user, and a distance traveled by the user; and

(b) displaying visually-perceptible information indicative of the determined values of the at least first and second parameters, simultaneously.

32 The method of claim 31, wherein the at least first and second parameters include the instantaneous speed of the user and the average speed of the user.

33. The method of claim 31, wherein the at least first and second parameters include the average speed of the user and the distance traveled by the user.

34. The method of claim 31, wherein the at least first and second parameters include the instantaneous speed of the user and the distance traveled by the user.

35. The method of claim 31, wherein:
the step (a) includes a step of (a1) with the at least one device, determining respective values of the instantaneous speed of the user, the average speed of the user, and the distance traveled by the user; and

the step (b) includes a step of (b1) displaying visually-perceptible information indicative the determined values of the instantaneous speed of the user, the average speed of the user, and the distance traveled by the user, simultaneously.

37. The method of claim 32, wherein the step (b) includes a step of:

(b1) displaying the visually-perceptible information with the at least one device.

38. The method of claim 32, wherein the at least one device includes at least first and second separate devices, and wherein:

45. The system of claim 40, wherein the at least one device includes at least first and second separate devices, and wherein:

the at least one sensor is included in the first device; and
the display is included in the second device.

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46. The system of claim 45, wherein the second device is adapted to be attached to a wrist of the user.

47. A system, comprising:

10 at least one device adapted to be supported by a user while the user is in locomotion on foot, the at least one device including a first sensor to determine a value of at least one variable physiological parameter of the user, a second sensor to determine a value of at least one performance parameter of the user, and a display configured to display visually-perceptible information indicative of the determined values of the at least one variable
15 physiological parameter of the user and the at least one performance parameter of the user, simultaneously.

48. The system of claim 47, wherein:

the first sensor includes a heart rate monitor; and

20 the at least one performance parameter of the user that is determined by the second sensor is selected from a group consisting of: an instantaneous pace of the user, an average pace of the user, an instantaneous speed of the user, an average speed of the user, and a distance traveled by the user.

25 49. The system of claim 48, wherein the at least one performance parameter of the user that is determined by the second sensor includes the average pace of the user.

50. The system of claim 48, wherein the at least one performance parameter of the user that is determined by the second sensor includes the instantaneous pace of the user.

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51. The system of claim 48, wherein the at least one performance parameter of the user that is determined by the second sensor includes the average speed of the user.

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52. The system of claim 48, wherein the at least one performance parameter of the user that is determined by the second sensor includes the instantaneous speed of the user.

5 53. The system of claim 48, wherein the at least one performance parameter of the user that is determined by the second sensor includes the distance traveled by the user.

54. The system of claim 48, wherein the at least one device includes at least first, second, and third separate devices, and wherein:

10 the heart rate monitor is included in the first device;

the second sensor is included in the second device; and

the display is included in the third device.

15 55. The system of claim 54, wherein the third device is adapted to be attached to a wrist of the user.

56. The system of claim 47, wherein the at least one device includes at least first, second, and third separate devices, and wherein:

the first sensor is included in the first device;

20 the second sensor is included in the second device; and

the display is included in the third device.

57. The system of claim 56, wherein the third device is adapted to be attached to a wrist of the user.

25 58. The system of claim 47, wherein the at least one device includes at least first and second separate devices, and wherein:

the first sensor is included in the first device; and

the second sensor is included in the second device.

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59. The system of claim 47, wherein the at least one device includes at least first and second separate devices, and wherein:

the first sensor is included in the first device; and
the display is included in the second device.

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60. The system of claim 47, wherein the at least one device includes at least first and second separate devices, and wherein:

the second sensor is included in the first device; and
the display is included in the second device.

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61. A system, comprising:

at least one device adapted to be supported by a user while the user is in locomotion on foot, the at least one device including at least one sensor to determine respective values of at least first and second parameters selected from a group consisting of: an instantaneous speed of the user, an average speed of the user, and a distance traveled by the user, and a display configured to display visually-perceptible information indicative of the determined values of the at least first and second parameters, simultaneously.

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62. The system of claim 61, wherein the at least first and second parameters determined by the at least one sensor include the instantaneous speed of the user and the average speed of the user.

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63. The system of claim 61, wherein the at least first and second parameters determined by the at least one sensor include the average speed of the user and the distance traveled by the user.

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64. The system of claim 61, wherein the at least first and second parameters determined by the at least one sensor include the instantaneous speed of the user and the distance traveled by the user.

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65. The system of claim 61, wherein:
the at least one sensor is configured to determine respective values of the
instantaneous speed of the user, the average speed of the user, and the distance traveled by the
user; and

5 the display is configured to display visually-perceptible information indicative the
determined values of the instantaneous speed of the user, the average speed of the user, and
the distance traveled by the user, simultaneously.

66. The system of claim 61, wherein the at least one device includes at least first
10 and second separate devices, and wherein:

the at least one sensor is included in the first device; and
the display is included in the second device.

67. The system of claim 66, wherein the second device is adapted to be attached to
15 a wrist of the user.

68. A system, comprising:

means, adapted to be supported by a user while the user is in locomotion on foot, for
determining respective values of at least first and second parameters selected from a group
20 consisting of: an instantaneous pace of the user, an average pace of the user, and a distance
traveled by the user; and

means, adapted to be supported by the user while the user is in locomotion on foot, for
displaying visually-perceptible information indicative of the determined values of the at least
first and second parameters, simultaneously.

69. A system, comprising:

first means, adapted to be supported by a user while the user is in locomotion on foot,
for determining a value of at least one variable physiological parameter of a user;

second means, adapted to be supported by the user while the user is in locomotion on
30 foot, for determining a value of at least one performance parameter of the user; and

third means, adapted to be supported by the user while the user is in locomotion on
foot, for displaying visually-perceptible information indicative of the determined values of the

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at least one variable physiological parameter of the user and the at least one performance parameter of the user, simultaneously.

70. The system of claim 69, wherein the at least one variable physiological
5 parameter of the user determined by the second means includes a heart rate of the user.

71. The system of claim 70, wherein the at least one performance parameter of the
user determined by the third means is selected from a group consisting of: an instantaneous
pace of the user, an average pace of the user, an instantaneous speed of the user, an average
10 speed of the user, and a distance traveled by the user.

72. The system of claim 69, wherein the at least one performance parameter of the
user determined by the third means is selected from a group consisting of: an instantaneous
pace of the user, an average pace of the user, an instantaneous speed of the user, an average
15 speed of the user, and a distance traveled by the user

73. A system, comprising:

means, adapted to be supported by a user while the user is in locomotion on foot, for
determining respective values of at least first and second parameters selected from a group
20 consisting of: an instantaneous speed of the user, an average speed of the user, and a distance
traveled by the user; and

means, adapted to be supported by the user while the user is in locomotion on foot, for
displaying visually-perceptible information indicative of the determined values of the at least
first and second parameters, simultaneously.

74. The method of claim 15, wherein the at least one variable physiological
parameter of the user includes a heart rate of the user.

75. The method of claim 15, wherein the at least one performance parameter of the
30 user includes a performance parameter selected from a group consisting of: an instantaneous
pace of the user, an average pace of the user, an instantaneous speed of the user, an average
speed of the user, and a distance traveled by the user.

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76. The system of claim 47, wherein the first sensor includes a heart rate monitor.

77. The system of claim 47, wherein the at least one performance parameter of the
5 user that is determined by the second sensor is selected from a group consisting of: an
instantaneous pace of the user, an average pace of the user, an instantaneous speed of the user,
an average speed of the user, and a distance traveled by the user.

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